



Prevention And Wellness

SCDDSN PREVENTION AND WELLNESS COMMITTEE

Welcome to Summer 2009 Prevention and Wellness newsletter developed by South Carolina Department of Disabilities and Special Needs Prevention and Wellness Committee. The mission of SCDDSN includes assistance to "minimize the occurrence and reduce the severity of disabilities through prevention".

Greenville County DSNB Launches Wellness Program

Greenville County Disabilities and Special Needs Board (GCDSNB) launched a new Wellness Program on May 29, 2009. Over 300 people attended a large event that included a wellness walk, circuit training, dancing, fitness-related exhibits, door prizes, and free massages provided by licensed massage therapists. The kickoff event was planned by the agency's newly formed Wellness Committee, which is open to people receiving services, agency staff, family members, and friends interested in promoting healthy lifestyle changes. The committee promotes whole-person wellness, centering on mind, body, and spirit.

GCDSNB Director of Nursing Patty Barnes, Individual Rehabilitation Support Manager Ginny Bryant, and Training Specialist Edd Horton established the Wellness Committee. Edd decided to start a personal wellness program in January of this year. Having lost over 20 pounds, his cholesterol levels have decreased to the point where he no longer needs to take medicine for the condition. Edd was enthusiastic about these changes, and recognized that an agency-wide wellness program would help consumers, staff, and friends who are interested in improving their own health and nutrition. The motto is "Walk the Talk", focusing upon educating ourselves about overall well-being, and then acting upon that information to make lifestyle changes. The committee is planning future activities, including a smoking-cessation program and providing healthier food choices in office and workshop vending machines.

The committee is also developing a "Biggest Loser" contest

to promote good nutrition and exercise. Prizes will be awarded for most pounds lost and most wellness activities completed. The committee held a yard sale and other fundraising events to support the wellness program activities or purchase equipment for programs to use to promote exercise.



"Walk the Talk"

The committee is also developing relationships with community partners to enhance the recreational opportunities available to consumers and staff.

Edd and Ginny have also created a "Greenville County Disabilities Wellness" Face Book page. The online group is open to all who are interested in promoting healthy lifestyle changes. The site allows individuals to sign up as a fan of the page, post discussions, keep up with wellness activities, and reference links to other sites promoting wellness. The cause page has become popular, with over 100 fans. The web address for the Face book page is: <http://apps.facebook.com/causes/259845?m=a301f8ec>. Please contact Edd Horton at ehorton@gcdsnb.org to learn more about the GCDSNB wellness program.

The President's Challenge

The **President's Challenge** is a program that encourages all Americans to be physically active. What once began as a youth fitness test has expanded to help improve the lives of kids, teens, adults, and seniors. Studies have shown there are substantial health benefits as a result of engaging in 30 minutes of moderate- intense physical activity each day.

Beginners aim to achieve the **Active Lifestyle** award. Any activity counts when adults try to be achieve 30 minutes a day, five times a week, for a total of six weeks. Children must be active for 60 minutes. Participants can take up to 8 weeks to complete the program. All activity is logged either online or by downloading an activity log form. When the program is completed successfully, participants can order an award online or by mail.

Following completion of the **Presidential Challenge**, participants can strive to earn **Presidential Champion** awards. There are 3 award levels (bronze, silver, gold) in this program.

This is a great activity for both staff and the people they help support. Anyone can benefit, regardless of ability level. For more information, visit www.presidentschallenge.org.

Teaching Medical Students About Healthcare and Disability

University of South Carolina School of Medicine is finding new and innovative ways to teach medical students about healthcare and people with disabilities.

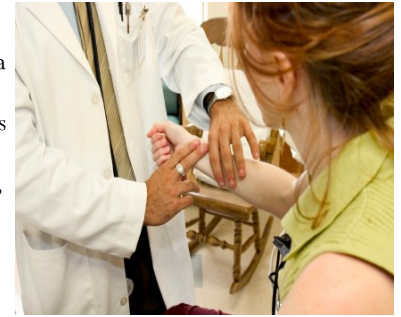
Family Medicine and Internal Medicine students at USC-SOM attend lectures about healthcare and people with disabilities. This occurs during their second and third year of medical school. Part of the learning process occurs when students perform an Objective Structured Clinical Exam (OSCE). The OSCE exam is a mock exam between a student and an actor who has learned to act out a specific medical complaint. The exam takes 15 minutes and the goal is for the student to correctly make a diagnosis.

The actors are called “standardized patients” as each person learns to act out the scenarios in “standard” ways. At the end of an exam the standardized patient fills out a checklist and provides feedback to the student on items that were positive or needing improvement.

The USC School of Medicine recognized a few years ago that there were no standardized patients with disabilities. This was remedied by recruiting and training additional actors with spinal cord injuries and cognitive disabilities.

Often times physicians are unable to see past a disability to listen to the chief complaint or they always relate it to the disability when in fact, people with disabilities present with all the same problems and health issues as the general population.

Therefore, when the change was implemented, acting scenarios that did not relate to a person’s disability were used. The standardized patients with a spinal cord injury learned two different scenarios, one for Family Medicine (Diabetes) and one for Internal Medicine (Chronic Obstructive Pulmonary Disorder). The actors with a cognitive disability learned one scenario for Family Medicine (Hypertension).



“Standardized Patient”

The second year of this project recently finished and the statistics are showing an improvement in the knowledge and attitudes of our medical students in relation to people with disabilities. One unforeseen benefit has been to the actors with disabilities. They are now in a powerful “teaching” role with the students. The actors have learned what to expect during a doctor’s visit and have gained confidence in their own communications with their own doctors.

If you have any questions about the program or would like to find out more about becoming a standardized patient please call Catherine Leigh Graham at (803) 434-3189.

Preventing or Delaying the Onset of Diabetes

Before people develop type 2 diabetes they almost always have a condition called “pre-diabetes”. Pre-diabetes occurs when blood glucose levels are above normal yet not high enough to be diagnosed as diabetes. The U.S. Department of Health and Human Services estimates that one in four U.S. adults aged 20 years or older—or 57 million people—had pre-diabetes in 2007.

People with risk factors should have their blood glucose levels checked. Risk factors include:

- Age greater than 45 years
- Overweight and Obesity
- Family history of diabetes
- Gestational diabetes
- Given birth to a baby weighing more than 9 pounds
- HDL cholesterol under 35
- High blood levels of triglycerides
- High blood pressure
- Low activity level
- Poor diet

Kids and Type 2 Diabetes

www.diabetes.org/uedocuments/KidsandType2Diabetes.pdf

How to Tell if You Have Pre-Diabetes

www.diabetes.org/pre-diabetes/pre-diabetes-symptoms.jsp

How to Prevent Pre-Diabetes

www.diabetes.org/pre-diabetes/what-you-can-do.jsp



Preventing or Delaying Diabetes

SCDDSN would like providers to give input for future topics on prevention or wellness efforts and/or share what they are doing to promote healthy lifestyles for those they support. Please

email:

**trhodes@ddsn.sc.gov
or call (803) 898-9422.**

Research has also shown lifestyle modification can prevent or delay diabetes. Modest weight loss (5–10% of body weight) and modest physical activity (30 min daily) are the recommended goals for diabetes prevention. Visit www.diabetes.org for more information.

